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WHAT IS CLAIMED IS:

- 1. A medical testing system comprising:
 - (a) an instrument for monitoring a characteristic of a patient; and
- (b) an illuminating component for illuminating the instrument, the instrument including:
- (1) a component for selectively activating and deactivating the illuminating component; and
- (2) a deactivating component for automatically deactivating the illuminating component, after a predetermined period of time has elapsed.
- The system of claim 1, wherein the instrument includes a work surface and the illuminating component illuminates the work surface.
- The system of claim 1, wherein the instrument further includes a keypad and the illuminating component illuminates the keypad.
- The system of claim 1, wherein the component for selectively
 activating and deactivating includes a toggle switch.
 - The system of claim 1, wherein the instrument includes a keypad having a plurality of keys, each associated with an instruction.
 - The system of claim 5, wherein the instrument includes a determining component for determining whether a key has been pressed by a user.
 - The system of claim 6, wherein the deactivating component will automatically deactivate the illuminating component if a key has not been pressed by a user for the predetermined period of time.
 - 8. A medical testing method comprising the steps of:
- activating an illuminating component positioned relative to an 25 instrument for monitoring a characteristic of a patient, the instrument including a keypad having a plurality of keys;

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determining if a key on the plurality of keys has been pressed by a user; and

automatically deactivating the illuminating component if a key of the plurality of keys has not been pressed within a predetermined period of time.

- The method of claim 8, further comprising the step of deactivating the illuminating component when a toggle key has been pressed.
 - 10. The method of claim 8, wherein the characteristic is the electrical activity of the heart of the patient.
- The method of claim 8, wherein the determining step includes the step of scanning the keypad for sensing if a key has been pressed by a user.
 - 12. The method of claim 11, further comprising the step of starting a timer, after the activating step, for timing the predetermined period of time.
 - 13. The method of claim 12, further comprising the step of stopping the timer when a key of the plurality of keys has been pressed by a user.
- The method of claim 13, further comprising the step of resetting the timer after the timer has stopped.
 - 15. A medical testing system comprising:
 - (a) an instrument for monitoring the electrical activity of a patient's heart;
- (b) an illuminating component for illuminating the instrument, the instrument including:
 - (1) a component for selectively turning the illuminating component on and off; and
- (2) a component for automatically turning the illuminating component off, after a predetermined period of time has elapsed.
 - The system of claim 15, wherein the illuminating component includes at least one LED.

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- 17. The system of claim 15, wherein the instrument includes a work surface and wherein the illuminating component illuminates the work surface.
- 18. The system of claim 15, further includes a supporting component engaging the instrument for supporting the illuminating component above the instrument.
- The system of claim 17, wherein the instrument includes a keypad and wherein the illuminating component illuminates the keypad.
- 20. The system of claim 17, wherein the instrument further includes a printing component for printing on a medium a graphical waveform representing the electrical activity of the heart.
- 21. The system of claim 20, wherein the illuminating component illuminates the medium as it moves along the work surface.
- 22. A computer program for performing a method comprising the steps of: activating an illuminating component positioned relative to an instrument for monitoring a characteristic of a patient, the instrument including a keypad having a plurality of keys;

determining if a key on the plurality of keys has been pressed by a user; and

- automatically deactivating the illuminating component if a key of the plurality of keys has not been pressed within a predetermined period of time.
 - 23. The computer program of claim 22, wherein the predetermined period of time is 60 minutes.
 - 24. A medical testing system comprising:
 - (a) means for monitoring the electrical activity of a patient's heart;
 - (b) means for illuminating the instrument; the instrument including:
 - (1) means for selectively turning the illuminating component on and off;

(2) means for automatically turning the illuminating component off, after a predetermined period of time has elapsed.